

## SKILLS DEVELOPMENT COURSE: STRESS MANAGEMENT

### COURSE SPECIFICATIONS

<b>Course Code:</b>	SDF-SMM
<b>Course Length:</b>	1 Day
<b>Start Time:</b>	08:30
<b>End Time:</b>	15:30
<b>Available for:</b>	Local or On-Site Training

### PURPOSE

To explore the concept of stress and provide practical solutions to combat the negative effects of stress in the workplace.

### TARGET AUDIENCE

This course is designed for all employees.

### LEARNING OUTLINE

1. Understand the concept of stress and identify the various stressors in work and life.
2. Recognise stress symptoms and physical, mental and emotional reactions to stress.
3. Develop strategies to handle pressure, change negative patterns and reduce stress levels.
4. Make lifestyle choices and create action plans for optimal health and wellbeing.

### INCLUDES THE FOLLOWING

1. Course Material
2. Refreshments
3. Lunch

*\*Catering is the responsibility of the client for on-site training.*

### CERTIFICATION

Currently, this course is only available for non-accredited training, and therefore candidates will receive a *Certificate of Training/Attendance*, as no form of assessment will take place.

### MERSETA TRAINING PROVIDER

Onetrust Training Solutions has received full accreditation as a **merSETA Training Provider**. (Certification number: 17-QA/ACC/2313/21.) We are in the process of extending our scope of accreditation for most of our individual training courses and skills programmes.

### CONTACT DETAILS

Further enquiries may be directed to:

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